



FIERCE WEDNESDAYS

Hey FIERCE Mama,

Welcome to the FIERCE Wednesdays newsletter, where I provide weekly tips and stories to help burned-out moms find purpose and love life. I do this every other week through my FIERCE methodology, which you can read in four minutes or less. Each tip/story will fall into one of my six-step FIERCE methodology steps. Click [here](#) to learn more about the FIERCE methodology.

Can you think of someone who could benefit from these positive weekly words of encouragement? Please forward this email.

Welcome to May, the month of my birth. May is a fantastic month, not just because my birthday falls in May.

May is special because it's right in the middle of spring. It's a time when nature comes alive. The trees have new green leaves where I live, and many flowers have bloomed, making everything colorful and sweet-smelling. The days are longer and warmer, perfect for spending time outside and having fun with others.

I started a May challenge with some close friends. I will not have sugar for May except for my birthday. In addition, we have to log a minimum of 10,000 steps daily, a practice that I adopted after I stopped running.

May is great because it looks pretty and brings people together to enjoy the new beginnings and fun friend challenges that spring can bring.

Speaking of new beginnings, I have been thinking a lot about how challenging it can feel to start something new along the journey to purpose when facing setbacks. Setbacks are an inevitable part of life, particularly when pursuing a meaningful goal or living a purpose-driven life. These challenges can vary widely in nature and impact, but they often shake our confidence and test our resilience. Some common setbacks that we all experience could be:

Financial Struggles: Money issues can be a significant roadblock. Financial strain can divert attention from long-term goals to immediate survival needs, whether it's due to unexpected expenses, loss of income, or insufficient funds to invest in personal growth or business endeavors.

Health Issues: Both physical and mental health problems can suddenly put all other priorities on hold. When you or a loved one is unwell, it can consume your energy and resources, making it difficult to focus on anything else.

Personal Loss: The loss of a loved one can lead to profound grief, impacting the ability to function normally. The emotional toll can derail daily routines and long-term plans, making adjustments and healing necessary.

Professional Setbacks: These might include job loss, a failed business, or a stalled career, which can lead to self-doubt and

questioning of one's path. Overcoming this requires reassessing strategies and possibly even redefining goals.

Social and Relationship Challenges: Difficulties in personal relationships or a lack of support can lead to isolation and discouragement. With a support network, moving forward can feel more comfortable and manageable.

At times like these, taking care of your health is essential. This means getting enough rest, doing things you enjoy, and getting help from a professional like a therapist or [coach](#). It's also an excellent time to be flexible. Sometimes, things don't go as expected, and changing your goals or extending the timeline is okay. It doesn't mean you're failing; it's an excellent way to handle unexpected setbacks. Remember to lean on friends, family, or colleagues for support.

When things feel overwhelming, try to break down big tasks into smaller, more manageable ones. Celebrate these small wins to keep yourself motivated. Lastly, try to stay positive. Look at challenges as chances to learn and grow, not just as roadblocks.

These steps can help you manage difficulties and keep moving forward with your goals.

Stay FIERCE and relentless in your pursuit of significance!

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Was this email forwarded to you? [Sign up](#) to receive your weekly dose of encouragement and motivation in your inbox.

Was this email beneficial? Please reply and let me know. I read every email.

QUOTE OF THE DAY

"If you can't fly, then run, if you can't run, then walk, if you can't walk, then crawl, but whatever you do, you have to keep moving forward." - Martin Luther King Jr.

Whenever you're ready, there are two ways I can help you:

1. The FIERCE Catch Fire Kit - The kit is [available](#)! What if you could be the mother your family needs without putting your dreams on the back burner? Your goals still matter; going after them is possible without neglecting your family. I'll show you how. Your purchase makes a difference! 15% of all bundle proceeds go toward my non-profit project helping vulnerable children in Nigeria. Click [here](#) to learn more.

2. If you would like a more customized and personalized approach, it would be my absolute pleasure to work with you 1:1. Reply to this email or [book a call](#) and let's [chat](#).



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